

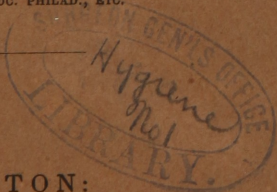
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BOND (J.B.) *Journal*

THE
MASTER-MARINER'S GUIDE
IN THE
MANAGEMENT OF HIS SHIP'S COMPANY,
WITH
RESPECT TO THEIR HEALTH;
BEING
DESIGNED TO ACCOMPANY A SHIP'S MEDICINE-CHEST.

By JOSEPH B. BOND,
FORMERLY HOME SURGEON AT THE LONDON HOSPITAL,
MEMB. MED. SOC. PHILAD., ETC.

BOSTON:
WM. CROSBY AND H. P. NICHOLS,
111 WASHINGTON STREET.
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INTRODUCTION.

1. It has been truly said, that the lawyer who conducts his own cause has a fool for his client, and it might, with still greater reason, be said, that none but a fool would undertake the cure of his own complaint. Yet although every man may not be his own doctor, he may occasionally be so situated that, with the assistance of proper remedies, and a few plain directions for their use, he shall have it in his power to render valuable service to those about him. Let him beware, however, how he needlessly jeopardizes the health, the life perhaps, of a fellow-creature, by his unnecessary interference with the province of the physician ; it is only in cases where proper medical advice cannot be obtained, that the cure of disease should be attempted by those unlearned in the profession. If it be true, that those who have devoted all their energies to this one branch of study sometimes feel their insufficiency to cope with disease in its almost innumerable forms, how sadly deficient must he be whose means of information have been few, and whose experience, real experience, has been less.

2. There are few situations in which the mind is more painfully affected, than in witnessing the sufferings of a fellow-being, without having it in our power to give relief. To enable those thus situated to afford as much assistance as the circumstances of the case will admit (by a few plain directions, so plain that every body may understand them) has been my aim in preparing this little book. My apology for the undertaking is, that in the medicine-chests for the use of the vessels belonging to our ports, I have never seen books of directions at all suitable. This little work is to supply the deficiency which must have been felt by every ship-master, having no other guide in the management of disease than the small book of directions usually accompanying medicine-chests.

3. It is particularly recommended to the person in whose charge the medicines may be, to read over these directions frequently, so as perfectly to understand them, that in case of sudden emergency he may not be confused, and feel uncertain what to do ; for nothing insures so much success, as well as respect and confidence in those around you, as a calm, decided conduct.

Be quick, but not in a hurry,

Be careful, but not timid,

Be cheerful, but not merry,

Be serious, but not sad.

RULES

FOR THE PREVENTION OF DISEASE.

4. AVOID the use of *intoxicating drinks*, particularly of ardent spirits, even in moderate quantities. Strong drink frequently predisposes to disease, and renders the cure more difficult. The *moderate* use of tobacco is seldom necessary, and frequently injurious. The immoderate use of it is always dangerous, being sometimes attended with fatal consequences. A strict regard to cleanliness is absolutely necessary to insure even a chance of health; therefore, (especially in hot climates,) wash the body often with soap and water. The clothes and bedding should be frequently changed, washed, and exposed to the sun and wind. Every opportunity should be taken to air the vessel by opening the hatches, doors, and windows. The cabins, both of the men and of officers, should be kept as clean as possible; for cleanliness there is no substitute; disagreeable smells may be hid by burning vinegar, rags, &c., but *perfect cleanliness* is only to be depended on to prevent disease. Not only should every part of the vessel be kept clean and well ventilated, but dry also. And this can be done effectually but by fires. Every part of the vessel, therefore, which is

occupied by the officers or crew should be supplied with a stove, in which a fire is to be made up every day, be the weather hot or cold, if the season be wet.

5. In cases of death from malignant diseases, let the clothing and bed of the deceased be thrown overboard, or burned.

6. Allow nobody on board to sleep exposed to the open air, either by day or night, particularly the latter.

7. Adapt the *dress* to the temperature of the climate.

8. The *food* of seamen should also vary with the temperature of the climate ; when the weather is very cold, the quantity of animal food allowed should be large, and of the fattest kind, such as pork and butter ; on the contrary, in hot weather the diet should be principally of vegetables, and the animal food need not be so fat ; much less food is required in warm climates than in cold.

9. It is the usual practice in American vessels to allow the crew *tea* at their meals ; this is a very good practice, as it tends to the comfort and health of the men. It seems to be nearly as well adapted to warm as to cold weather. The use of lime-juice as a beverage will be referred to under the head of Scurvy.

DISEASES.

INFLAMMATION OF THE BRAIN, OR BRAIN FEVER.

10. *Symptoms.* — Severe pain in the head; intolerance of light, sound, and sudden motion; wild expression of the countenance; restlessness; dry tongue; flushed face; pulse generally quick, hard, and full; all the symptoms aggravated by the head lying low.

11. *Treatment.* — Bleed (see directions, Par. 223) copiously from the arm; let the blood run until faintness comes on. Give a calomel and jalap powder (No. 1) and a glister (No. 11). An hour after, bathe the head with flannels wrung out of hot water. On the second or third day apply a blistering-plaster (No. 12) between the shoulders. Give one teaspoonful of the antimonial mixture (No. 2) every two hours, beginning one hour after giving the physic. If the physic does not operate copiously, repeat the powder (No. 1), or give a dose of salts (No. 3). Raise the head higher than usual, and give as much drink as he wants, — cold water if he prefers it. Bathe the feet and legs in warm water.

PLEURISY, AND INFLAMMATION OF THE LUNGS.

12. These two complaints are so similar in their attacks, that it is difficult to know them apart.

13. *Symptoms.* — Pain in the breast or side, increased by a full inspiration; shortness of breath; frequent and hard pulse; painful cough, with more or less expectoration after a day or two.

14. *Treatment.* — Bleed to faintness, and repeat the bleeding every two or three days if necessary. Give one tea-spoonful of the antimonial mixture (No. 2) every two hours, so as to cause sickness at the stomach. After the first day or two, add eight drops of laudanum (No. 4) to each dose of the antimonial mixture. After the third or fourth day, raise a blister (No. 12) over the most painful part of the chest, and give one of the calomel and opium pills (No. 5) every six hours, and discontinue the antimonial mixture. If the bowels are costive at any time, give some gentle physic, as castor oil (No. 6). During the whole course of the complaint, let your patient drink plentifully of warm toast-water sweetened with molasses or brown sugar.

15. A severe pain is sometimes felt in the seat of the disease after the inflammation has subsided. This pain is not increased by a deep inspiration, and is not benefited by bleeding. To relieve this pain give fifty drops of laudanum (No. 4), which may be repeated every half-hour five times if required; at the same time apply a piece of flannel wet with the strong liniment (No. 7).

16. Bathe the feet in very warm water two or three times a day, from the beginning to the end of this disease.

INFLAMMATION OF THE STOMACH AND
BOWELS.

17. These two diseases nearly resemble each other, and are often combined.

18. *Symptoms.* — Moderate pain and great soreness in the stomach or bowels ; great thirst ; pain increased on taking food ; vomiting and costiveness ; pulse small and frequent.

19. *Treatment.* — Bleed, but not so freely as in the preceding complaints, and it will seldom be proper to repeat it. Give the calomel and opium pills (No. 5), one every two hours. Apply the strong liniment (No. 7) to the seat of the complaint. Give a small quantity of gum-water (No. 8) frequently. Bathe the feet in very warm water three or four times a day. Should there be no amendment in three or four days, give four or five drops of the compound oil of terebinthina (No. 9), with as much sweet spirits of nitre (No. 10), every half-hour, in a little gum-water (No. 8). Let the diet be very low, even if there should be an appetite. If the bowels are costive, give a glister (No. 11).

COLIC.

20. *Symptoms.* — Severe pain in the belly, having intervals of ease ; pain in the beginning not increased by pressure ; after a time there will be some tenderness ; generally attended with vomiting ; pulse not much affected in the beginning.

21. *Treatment.* — Give one teaspoonful of laudanum (No. 4) every half-hour, until the pain abates, and keep the feet in very warm water. After this, should there be costiveness, give a dose of castor oil (No. 6), and a glister (No. 11). Live very low for some time after the attack, as a full meal might bring it on again. If it should bring on inflammation of the bowels, treat it as there directed.

ACUTE RHEUMATISM.

22. *Symptoms.* — Severe pain, which may attack the back, limbs, or any other part of the body, attended with thirst, quick, hard pulse, and heat.

23. *Treatment.* — Bleeding sometimes required in severe cases. Give a dose of calomel and jalap (No. 1); a teaspoonful of the antimonial mixture (No. 2), with twenty drops of laudanum (No. 4), every two hours; bathe the part affected with the liniment (No. 7), and cover with flannel or carded wool.

24. In old cases of rheumatism give a teaspoonful of the "compound guaiacum powder" (No. 13), in molasses, and rub the part with strong liniment (No. 7) three or four times a day, and dress warmly.

CHOLERA MORBUS.

25. *Symptoms.* — Frequent vomiting and purging; thirst; restlessness; cold sweats; cramp in the limbs; hickups, &c.

26. *Treatment.* — Give a calomel and opium pill (No. 5) every half-hour, until he has taken four of them, and if the symptoms do not amend, begin with the saturnine mixture (No. 14). Give one teaspoonful every half-hour until the purging and vomiting begin to abate, then gradually diminish the dose, and apply strong liniment (No. 7) to the belly.

DYSENTERY.

27. *Symptoms.* — Severe griping; frequent inclination to go to stool; bloody and slimy discharges; a strong pressing down of the bowels, and a quick, weak pulse.

28. *Treatment.* — If the pulse is hard and the skin dry and hot, bleed from the arm; let the blood run until it produces some amendment, or until the patient begins to feel faint. Give a dose of castor oil (No. 6), and an hour afterwards thirty drops of laudanum (No. 4). If there is much blood passed from the bowels, give the saturnine mixture (No. 14), as directed under Cholera Morbus. Keep your patient warm, and let his diet be very low. Apply the strong liniment

(No. 7) to the belly, and put the feet into warm water; repeat the laudanum (No. 11) every six hours, if the pain and pressing down continue.

FEVER.

29. In a little work like this, it would be difficult to particularize each different kind of fever, and to the persons for whose use this is intended such a division of the subject would hardly be necessary, as the treatment in all fevers except fever and ague is very similar, especially in the beginning, and in every case the treatment must depend on the most prominent symptoms.

30. *Symptoms of Fever in general.* — 1st stage. At first a sense of fulness of the head, with more or less pain extending down the back; chilliness, weakness of the limbs; a dislike to moving about; the face and hands look pale and shrunk; the appetite is gone, and the patient seems careless of his condition; pulse weak.

31. 2d stage. These symptoms are followed by an increase of headache, the face becomes flushed and red, and the skin hot and dry; the pulse more frequent, harder, and fuller; the countenance anxious; tongue red or dry; thirst increases; breathing more hurried and hot; eyes bloodshot; the patient very restless.

32. 3d stage. The third and last stage is marked by the pulse becoming much smaller; the skin pale and shrunk; sometimes delirium; urine very scanty; bowels either costive or too open; tongue white, brown, or black, sometimes very foul; belly swollen.

33. There are many other symptoms attending each stage of fever, but the above will be sufficient to distinguish it from other diseases.

34. The duration of each of these stages is very uncertain, and the symptoms of all may be so modified by cli-

mate, constitution, or remedies, that it may be impossible to tell exactly when one stage ends, or the next begins, and there may be many other symptoms which I have not mentioned, but which are also common to other diseases; the foregoing, however, will, it is hoped, be sufficient to enable any one of sound judgment to discriminate between fevers and other complaints.

35. *Treatment.* — In the first stage give warm, weak tea; put the feet and legs in warm water, especially if they are cold; give a dose of salts (No. 3), or castor oil (No. 6), whichever the patient prefers; if there is vomiting, give warm water until the stomach is emptied of food; keep him as quiet as possible; if the vomiting continues too long, give him one quarter part of one of the calomel-pills (No. 15) every hour, until they operate on the bowels. Should the pulse become full, bleed him until he begins to feel faint, or the blood stops of itself. Should he have severe pain, and the skin be hot and dry, bleeding will be the more necessary; after bleeding and the bowels are open, if the skin still feels dry and hot, and there is no cough, use the cold sheet-bath in the following way.

36. Wet a sheet in cold salt-water and wring it gently; then, stripping the patient quite naked, wind it round him, including his whole body except the face; then put him in bed between blankets (with the wet sheet round him), and cover him with another bed, or five or six blankets tucked well in, and leave him there until the skin becomes again hot and dry, when it may be repeated in the same way; at the same time begin with the antimonial mixture (No. 2), and give one teaspoonful of it as often as the stomach will bear without causing vomiting; continue the antimonial mixture (No. 2) as long as the skin is hot and dry.

37. Should there be severe pain, not relieved by the

bleeding, apply a blister (No. 12) near the painful part, and, if this should fail to give relief, give twenty drops of laudanum (No. 4) every two hours, until he shall have taken five or six doses, or obtained ease.

38. Give him for common drink toast-water or camomile tea (No. 16), or simple water; if the water is foul, stir into it a handful or two of fine charcoal (No. 46), and let it stand until wanted, when the charcoal may be separated by straining through a clean cloth or bag kept for that purpose. Lime, lemon, or orange juice may be added to the water, in small quantities, to make it more palatable. Give him his drink warm or cold, whichever he likes best, and as much as he asks for. There is no danger in giving cold drink, if the skin be not damp or cold; so long as the skin is dry and hot, he may take as much cold water as he wants, and the colder it is the better. Water is not so good for having been boiled, unless it is very foul, or contains animalcules.

39. It is only in the last stages of putrid fever that wine or bark is necessary (except in Fever and Ague, which is treated of separately). Spirits are never required.

40. The food of a fever patient should be very low; never give animal food; toast-water, gum-water (No. 8), gruel made thin, potatoes and salt, and arrow-root will make a sufficient variety. Endeavour to keep the patient as quiet and as clean as possible, and err in giving *too little* rather than *too much* medicine and food.

INTERMITTENT FEVER, OR FEVER AND AGUE.

41. *Symptoms.* — This variety of fever begins by languor, paleness, and a shrinking of the surface of the body, so that the shoes feel loose on the feet, and rings easily drop from the fingers; this state is quickly followed by rigors, and a sense of excessive coldness; this cold stage, as it is called,

is sometimes attended with severe pain in the head, back, or side.

42. The cold stage is followed by the hot, and this by the sweating stage. These three stages are followed by an intermission of certain duration, in which the patient is usually free from all complaint. The length of time between the commencement of one attack and that of the next will be twenty-four, forty-eight, or seventy-two hours, and these several periods have given the name of Quotidian, Tertian, and Quartan Agues.

44. *Treatment.* — Begin the treatment of this disease with an emetic (No. 17), given during the cold stage; follow this by a dose of rhubarb (No. 18), given in strong allspice, clove, or ginger tea, every three hours, until it operates. If there is violent pain in the head, breast, or side, which continues after the fever has gone, give a calomel pill (No. 15) three times a day, and apply a blister to the painful part; also give a teaspoonful of the antimonial mixture (No. 2) every two hours. If the pain should be in the head and very severe, the emetic should be omitted, and two calomel pills (No. 15) given instead, before the rhubarb.

45. As soon as these inflammatory symptoms are subdued, begin with the quinine mixture (No. 19), a dose of which must be given every two hours during the intermission. If it be a Quotidian, one teaspoonful of the mixture (No. 19) is a dose; a Tertian, half that quantity; and for a Quartan, one quarter of a teaspoonful.

46. This plan must be persevered in several days after the fever has ceased to return on its regular days, as the patient will be very liable to a relapse. If the quinine operates too much on the bowels, let him take it in strong clove or pepper tea; if it cause costiveness, give a little rhubarb (No. 18) in ginger tea. Severe purging is sometimes injurious, it should therefore always be avoided. Salts are never proper.

47. If after the fever has been subdued there remain a pain in the side, apply a blister and give a calomel pill (No. 15) every night. Let him not be exposed to wet, cold, or fatigue, and let his clothing be warm. His diet during the fever should be low and scanty, but nourishing; as the fever goes off, let his diet be more full, but let him be careful at all times not to overload the stomach.

48. The practice of taking spirits before the cold fit, to shorten it, is attended with danger, and is very seldom useful. A little wine and water, or porter and water, may be indulged in during the intermission, if the patient is accustomed to stimulants of this kind; otherwise, they had better be dispensed with.

49. Bleeding, in this disease, is very seldom required; it should never be performed unless directed by a physician.

SMALL-POX. (*A Contagious Disease.*)

50. *Symptoms.* — This, although happily now a rare disease, is still sometimes met with in foreign voyages. It commences with fever twelve or fourteen days after infection, with pain in the head and back, particularly in the back; this is followed by a slight rash, like flea-bites, which gradually enlarge and become filled with thick matter; these pustules have generally a depression in the centre, which is of a darker color than the edges.

51. In the mild or distinct kind, the pustules are separate from each other, and the symptoms are milder. In the confluent, the pustules run together, the contents of which are much thinner than in the distinct. In the distinct, there is a circle of red skin around each pustule, which in the confluent is not seen, and the whole body is much paler in the beginning; but in the later stages the eruption assumes a dark brown or black appearance.

52. *Treatment.* — This disease must be treated in the

same way as other inflammatory diseases. In the beginning, if the pulse be full, the skin red, and if there be much pain or thirst, take one or two pints of blood from the arm, and repeat the bleeding in a day or two after, if the same urgent symptoms continue.

53. Purge with calomel and jalap (No. 1), which should be repeated two or three times a week. Give every three hours one teaspoonful of the antimonial mixture (No. 2) in a little thin water-gruel.

54. Let the diet be quite low ; admit as much fresh air as possible ; change his body and bed clothes every day, and give him cold drink if he prefers it to warm, provided the skin is dry and warm. In severe cases of the confluent kind, especially in the last stages, he should be kept somewhat warmer, and his drink should be as warm as he likes it ; bleeding must be omitted in the confluent form of the disease, unless in the very beginning, and his diet should be a little more nourishing, especially in the advanced stages.

55. In very many cases of small-pox, all that it is necessary to do is to keep the body cool, the bowels rather loose, and the diet low.

56. Since the discovery of cow-pox the older plan of inoculating with small-pox is hardly used, yet it is a very necessary practice in some instances, when the cow-pox matter cannot be procured, or where its efficacy, from age, may be doubted.

57. In all cases of suspected small-pox, separate the patient as much as possible from the remainder of the crew, and as soon as any matter can be obtained from the pustules, inoculate all hands with it ; for, by having the disease by inoculation, instead of taking it in the natural way, much sickness and danger will be avoided.

58. Inoculation by small-pox, or by kine-pox, is performed by inserting a little of the matter, on the point of a lancet

or needle, under the scarfskin, just deep enough to draw a *very* little blood. The front of the left arm just above the elbow is the place generally chosen for inoculation.

MEASLES. (*A Contagious Disease.*)

59. *Symptoms.* — The usual ones of fever, with cough and hoarseness ; after a few days, a rash of a crimson color breaks out on the forehead and breast ; after the rash disappears, the scarfskin comes off, having the appearance of bran.

60. *Treatment.* — If the pain in the chest or head be severe, or cough be distressing, bleed and blister, &c., as in inflammation of the lungs or brain, as the case may be. The patient should be kept comfortably warm, but not to the exclusion of fresh air and cleanliness ; avoid all hot, stimulating drinks ; let his food be the same as directed under the head of fever.

SCARLET FEVER. (*Contagious.*)

61. *Symptoms.* — The beginning the same as that of most other fevers to an inexperienced eye, except that the heat of the body is generally greater ; the rash is of a brighter color than in measles, — being scarlet, while that of measles is crimson. After the fever, the scarfskin separates in large pieces, especially on the hands and feet, leaving the skin very tender. Ulcers or abscess of the throat sometimes attend this complaint, and delirium is not an unusual symptom.

62. This disease is said to be confined to persons under forty years of age, but I have seen two instances of its having attacked persons of seventy.

63. *Treatment.* — Bleed in the beginning of the complaint if there be inflammation of the brain (see Par. 11) ;

give a dose of calomel and jalap (No. 1), and follow it with one teaspoonful of the antimonial mixture (No. 2) every three hours, and a calomel pill (No. 15) every six hours.

64. When the urgent inflammatory symptoms are subdued, leave the rest to nature, taking care to keep the bowels open. Should there be much pain in the head after bleeding, apply cloths wet with hot water to the face and head, and blister (No. 12) between the shoulders. Should there still be much pain, you may give thirty drops of laudanum (No. 4) every two hours, until ease is obtained or four doses are taken.

65. Let the patient be kept cooler than in measles, but not so cool as in small-pox. Give cold drinks if the skin be hot and dry, and the patient prefers it.

66. Dropsy is sometimes a consequence of scarlet fever, and as frequently of a mild as of a severe attack. This form of dropsy is of a more inflammatory nature than ordinary dropsy, and requires a more energetic treatment; even bleeding will be necessary, when the pulse is full and there is much fever attending it; after the bleeding, give a dose of calomel and jalap (No. 1), which must be repeated every six hours until it operates; then begin with the diuretic powders (No. 21); give one teaspoonful every two hours, in a little thin gruel.

NETTLE-RASH.

67. This disease is an eruption of wales or blotches, very nearly resembling mosquito-bites, both in appearance and in the intolerable itching with which it is accompanied, but somewhat different from mosquito-bites in being attended with a soreness sometimes so severe as to prevent scratching. The cause of this disease is generally by having taken something into the stomach which does not agree with it. It sometimes accompanies other diseases.

68. *Treatment.* — An emetic (No. 17) may be given when the offensive substance still seems to be remaining in the stomach ; a large quantity of warm water or *weak* tea should be drank during the vomiting ; the emetic should be followed by one teaspoonful of magnesia and rhubarb (No. 22), which may be repeated every twelve hours until the eruption disappears. A very light diet should be enjoined during the continuance of the disease, and until health is completely reëstablished. If the cause of the disease be known, be careful to avoid it in future.

ERYSIPELAS, OR ST. ANTHONY'S FIRE.

69. *Symptoms.* — This is a peculiar inflammation of the skin, which becomes of a deep red color, swollen, and painful. After a few days blisters arise, which generally contain a pale yellowish thin fluid, but sometimes tinged with blood ; if the inflammation extends very deep, abscesses may form beneath the skin, which is not (as in common inflammation) confined to the original seat of the disease, but may, by its gravity or other cause, spread and be discharged at some distance below.

70. *Treatment.* — In the beginning of erysipelas, give a cathartic of calomel and jalap (No. 1), which may be followed by a dose of castor oil (No. 6), according to the state of the bowels ; they must be kept moderately open. If there be much fever, give the antimonial mixture (No 2), a teaspoonful every three hours ; if it cause vomiting, do not give so much at a dose ; three times a day give one third part of a calomel pill (No. 15).

71. The best external application is blue ointment (No. 23), applied very thinly every three hours ; if the part is very painful, bathe it every three hours for ten or fifteen minutes in tobacco-water, made by steeping about an ounce of good tobacco in a pint of fresh water ; before re-

applying the ointment, and before bathing with the tobacco-water, wash the part well with warm water and castile soap.

72. If abscesses form beneath the skin, they should be opened with a lancet. — N. B. Be careful to wash the lancet well after using it, as it may, if this precaution is not taken, cause very bad sores on the person on whom it may be used next. A sharp penknife might be used instead, so as never to use the lancet but for bleeding.

73. If the discharge be very great, and there appears to be much weakness, give twenty drops of the elixir of vitriol (No. 24) every six hours; after a few days' use of this medicine, if the discharge still continues as great as before, especially if it smells very offensive, is bloody, or very thin, give with each dose of the elixir vitriol one teaspoonful of the quinine mixture (No. 19); both these medicines should be taken in a good deal of warm water well sweetened, and in very bad cases half a glass of good wine may be added to each dose.

74. Erysipelas assumes so many forms, and is so often complicated with other diseases, that it is difficult to give directions which shall suit every case. When symptoms arise resembling those of other diseases, as inflammation of the brain, stomach, or lungs, they must be treated accordingly, and the first opportunity for obtaining medical assistance must not be lost.

ITCH.

75. This disease has two varieties. First, the common itch, with watery pimples; and, second, the mangy or purulent, in which the sores become very foul, and discharge a thick matter, which, drying, forms large scabs. The latter does not cause so much itching, but is more difficult to cure.

76. *Treatment.* — In both kinds, rub a little of the ointment (No. 25) on the parts broken out every night, washing

it well off in the morning with warm water and soap. In the purulent variety, in addition to the above, give one of the itch powders (No. 26) every morning in a table-spoonful of molasses.

APOPLEXY.

77. *Symptoms.* — The attack is generally sudden, but when any warning is given there is a feeling of heaviness and pain in the head, disposition to sleep, frightful dreams and nightmare, spasms of the face and other parts of the body, redness and fulness of the face and eyes, breathing more laborious. The sight, hearing, and speech are affected, and there is a failure of the memory.

78. With or without these symptoms the patient is struck down, and lies as in a profound sleep, from which he cannot be roused. There is sometimes a deep snoring, and foaming at the mouth.

79. *Treatment.* — To prevent an attack in a person who is predisposed or subject to apopleptic attacks, he should live on low diet, consisting principally of vegetable food; his drink should be only cold water; he should take regular, but not violent exercise, and in his sleep, as well as in every other indulgence, he should be very moderate; he should take opening medicine occasionally, so as to keep the body quite open, and if a pain in the head or a redness of the face and eyes show at any time the danger of an attack, take from sixteen to thirty ounces of blood from the arm, put the feet in very warm salt-water or a mustard-bath (No. 29), and bathe the head in blood-warm water, applying strong liniment (No. 7) to the back of the neck, inside of the thighs and arms; blister the back of the neck afterwards.

80. The neckcloth should be worn very loose, and the head not overloaded with too warm a covering. Great care should be taken to keep the feet and ankles always com-

fortably warm; should they be found cold or damp before going to bed, bathe them in very warm salt-water, and rub them dry with a rough cloth.

81. If the person is struck down without any warning, take twenty or thirty ounces of blood from the arm by a large opening in the vein (see directions, Par. 223); the quantity of blood you take must depend on the age and strength of the patient; in this disease a larger quantity is necessary than in most others.

82. Should the patient at this time be very pale, the pulse very weak, and the skin cold and damp, postpone the bleeding until he is a little revived by the use of the hot bath and liniment (No. 7), as just described.

83. Should the patient recover from the fit, you may give every six hours for two or three days a teaspoonful of the antimonial mixture (No. 2); keep him on low diet.

PALSY.

84. In this disease, there is a loss of motion, sometimes of sensation, in one side of the body; its attack may come on suddenly or more gradually. It is sometimes an accompaniment of apoplexy, and in this case the danger is greater than when either attacks singly.

85. The treatment must be much the same as in apoplexy, except that the bleeding must not be so copious, and the opening medicine and liniment (No. 7) must be used more freely.

EPILEPTIC FITS.

86. This disease consists in a sudden falling down, with seldom any warning, attended with convulsions, &c. Nothing can be done during the attack but to prevent the patient from hurting himself. A sailor subject to fits should immediately give up going to sea, and apply for medical assist-

ance while any chance remains in this almost incurable disease ; in the mean time, keep the bowels open with pills (No. 34), live quite low, and if the immediate cause of the fits is known, avoid it. As there is not much immediate danger, we will pass over the further notice of this disease.

LOCKJAW.

87. It sometimes occurs in low latitudes, from exposure to sudden and excessive changes in the atmosphere ; it more frequently happens from wounds, especially of the hands and feet.

88. It is a very difficult disease to cure, and gives no warning of its approach ; fortunately, however, it is of rare occurrence.

89. It consists of a rigid and permanent contraction of the muscles of the back, neck, jaw, &c.

90. *Treatment.* — When the disease proceeds from a wound, rub into it the liniment (No. 7) every hour until the sore is made to run ; then apply a large poultice made of two biscuits well soaked in salt-water, applied very warm. The parts most affected with cramp must be rubbed every half-hour with mercurial ointment (No. 23), whether the disease arise from a wound or otherwise ; at the same time, give the patient a teaspoonful of laudanum (No. 4) every half-hour, until some abatement takes place in the spasms. Then begin with the blue pills (No. 20), giving him one every hour until his gums begin to be made sore.

91. Give him, from beginning to end, as much wine or warm weak spirits and water as he can take without being very much intoxicated.

92. Very little hope should be entertained of his recovery, as the disease is but seldom cured.

INFLAMMATION OF THE EYES.

93. This is sometimes, on shipboard and in southern latitudes, a very severe malady, being accompanied with high fever, headache, and inflammation so severe as to endanger the sight. In such cases as these it will be necessary to bleed copiously, but with due regard to the strength and age of the patient ; give, at the same time, a strong dose of calomel and jalap (No. 1), which may be repeated every two or three days if the inflammation continues severe ; give him, also, every two hours, a teaspoonful of the antimonial mixture (No. 2). The eyes should be well bathed in warm water three or four times a day ; after each washing, and frequently during the day, let the eyes be wet with a little of the eye-water (No. 28) ; if it cause much smarting, add to it a little warm soft water. The diet should be very low, and the patient should be kept in a moderately dark place.

94. If the eyelids are very sore, especially if there is a running of matter, apply to the edge of each lid, just at the root of the lashes, a little of the eye-ointment (No. 27) every night, and wash it off with warm water and shaving-soap in the morning.

95. In common cases of sore eyes, the use of the eye-water (No. 28) and a few doses of physic will be sufficient.

CATARRH, OR COLD.

96. This is situated in the head, causing a running at the nose ; or in the throat and lungs, causing a cough and expectoration or spitting of a yellowish matter.

97. It is a disease of frequent occurrence, and seldom attended with danger. Generally, all that is necessary is low diet, bathing the feet in warm water before turning ; in dress warmer than usual, especially if exposed to the night air, or wet or cold weather. Should the symptoms be severe, you

may give at bed-time two teaspoonfuls of the antimonial mixture (No. 2), followed by a bowl of hot tea (peppermint, if you have it); give a dose of calomel and jalap (No. 1) the next morning, and keep the bowels open afterwards with castor oil (No. 6). After five or six days you may blister the neck, if the inflammation and pain still persist. If the cold is attended with much pain in the chest, you may bleed, if in the beginning; and apply a blistering plaster (No. 12) after the fifth or sixth day of the attack, if the bleeding has not relieved it.

98. The tonsils or almonds of the ears are sometimes the seat of inflammation, which is apt to end in abscess; it may be known by the throat being red and swelled, with pain and tenderness. Apply strong liniment (No. 7) to the neck, on flannel, which pin loosely round the neck. If an abscess has formed, which you can easily see, touch the most prominent part with the point of a very sharp penknife or lancet. If it break during sleep it may cause suffocation.

99. If the throat remain sore for some time after the abscess is discharged, gargle it well five or six times a day with a wash made by dissolving an even teaspoonful of borax (No. 30) in half a pint of warm water.

100. Through the whole of this complaint the diet must be low.

CROUP.

101. This is a disease seldom seen but in children; it will, therefore, be found on shipboard only amongst the passengers.

102. It is known by cough, and breathing of a peculiar sound, much resembling the crowing of a young cock.

103. *Treatment.*—The first thing to be done is to give an emetic. For a child ten years old, one quarter part of an emetic (No. 17) is to be dissolved in a cup of warm

water, and two teaspoonfuls of it given every half-hour, until it causes vomiting; then leave off with the emetic, and give as much warm tea as the child can be induced to drink. Put the child in a warm bath, and now and then rub the neck with liniment (No. 7), fastening loosely round the neck the flannel with which it is rubbed. Let the bowels be kept loose with castor oil (No. 6), but active purging is not necessary.

104. After the effects of the emetic are quite gone off, put one teaspoonful of the antimonial mixture (No. 2) into sixteen teaspoonfuls of warm water, and give one teaspoonful of this with a table-spoonful of gum-water (No. 8) every two hours. Let the diet be very *low* and very *scanty*; be very careful in this particular if the appetite be good, as is sometimes the case.

105. This is a very dangerous disease, but may be cured if proper remedies are used *in time*.

MUMPS.

106. A disease to which we are subject but once; it attacks by a swelling under and before the ear, and is generally attended with severe pain in the part, and with violent headache. If the complaint be mild, nothing is necessary but to keep the bowels in good order (rather loose), and to put the patient on short allowance.

107. If the pain is severe, give a dose of calomel and jalap (No. 1); bleed from the arm, and if this does not relieve the pain, give thirty drops of laudanum (No. 4), which may be repeated every six or eight hours, if in much pain, — remembering to keep the bowels constantly loose at the time, either with salts (No. 3) or castor oil (No. 6).

108. Should the privates become inflamed and painful, foment them with flannels wrung out of warm salt-water and vinegar, and apply a blister (No. 12) to the back of the neck.

Should there be much fever in this disease, give the antimonial mixture (No. 2), one teaspoonful every two hours if necessary.

WHOOPING-COUGH.

109. This is another disease which we have but once in a lifetime, and it is contagious.

110. *Symptoms.* — It consists in spells of coughing, often attended with vomiting between the spells; there may be a considerable time without cough; the cough is of a very tumultuous character, and is generally attended with a whooping sound, which gives the name to the complaint. The face during the spell of coughing becomes very red, sometimes purple.

111. The patient is generally obliged to support himself during the coughing, else he may fall down, or be very much shaken by its violence. In grown persons and large boys this complaint is very seldom attended with danger.

112. The treatment, therefore, in such cases may be very simple; as attention to the state of the bowels and low diet are all that is necessary.

113. Should the disease be very violent in its attack, bleeding may be required in the beginning. An emetic (No. 17) two or three times a week is sometimes necessary. Give a dose of antimonial mixture (No. 2), every three hours, in gum-water (No. 8).

114. It sometimes happens that the cough will continue a long time after the fever is nearly or quite gone; in this case give one of the whooping-cough powders (No. 31), every six hours, in molasses; this is the dose for a man; if for a child or boy, the dose must be diminished in proportion. If these powders cause or increase the fever, give the antimonial mixture (No. 2) with it.

115. A strengthening plaster (No. 32) to the chest may also be proper.

JAUNDICE.

116. This is known by a yellow color of the whites of the eyes, the nails, and skin; the urine is very yellow, and the stools are clay-colored. This disease is generally complicated, or arises from some other. All that it will be necessary to do until professional assistance can be had is to keep the bowels quite loose, with antibilious pills (No. 34) and castor oil (No. 6), given alternately.

DIARRHŒA, OR LOOSENESS OF THE BOWELS.

117. This, when mild, requires no medicine; but if it is attended with pain, or has been of long continuance, it must be attended to.

118. *Treatment.* — Begin with a calomel pill (No. 15) at night, and a dose of rhubarb (No. 18) mixed in nutmeg tea the next morning. As soon as this begins to operate, give twenty drops of laudanum (No. 4), which may be repeated after each stool. If the complaint is not cured in three or four days, repeat the calomel pill (No. 15), and the rhubarb, following them with the laudanum (No. 4) as before.

DROPSY.

119. This is a collection of water in any part of the body; it may not be complicated with any other disease, but in general it is the effect of some previous disorder, and the danger will depend upon the nature of this cause. It may be seated within the skull, and is then called Water on the Brain. If within the chest or belly, the disease will be Dropsy of the Chest or Belly, as the case may be.

120. The treatment of dropsy generally consists in giving a purge of calomel and jalap (No. 1) every two or three days, and in taking a teaspoonful of diuretic powder (No. 21) every six hours, in molasses. That species of

dropsy which is the consequence of Scarlet Fever requires a peculiar treatment, for which see Par. 66.

121. The diet must be simple, and the patient must refrain from all violent exertions.

BLEEDING FROM THE NOSE.

122. Generally this is a trivial occurrence, and requires no treatment. Occasionally it is an effort of nature to relieve the brain from impending injury ; this may be known by previous redness of the face, pain in the head, &c. When bleeding from the nose breaks out under these circumstances, it should not be too quickly checked, but should the bleeding recur frequently, and fainting, debility, and ematiation be the consequence, it must be stopped ; this is best done by washing the face with blood-warm water, and snuffing it up the nose, allowing the face to dry without wiping it, and by bathing the feet in warm water. Should this not succeed, a bit of *dry* sponge, cotton-wool, or soft rag, either linen or cotton, must be pushed up the nostril until it reach the bleeding. The plug must remain five or six days without being removed.

123. On stopping a long continued bleeding, you must give two or three times a week a small dose of epsom salts (No. 3).

SPITTING BLOOD.

124. This is generally a dangerous complaint. The danger may arise from suffocation or from loss of blood ; it sometimes occurs in consumption.

125. Blood in the mouth may proceed, 1st, from the gums ; 2d, from the nose ; 3d, from the throat ; 4th, the stomach ; or, 5th, the lungs.

126. The first, second, and third may generally be easily distinguished from each other, and from the fourth and fifth,

by a careful examination. Blood from the stomach may be known by being more or less mixed with the food, by being vomited, unattended by cough or difficulty of breathing; the color of the blood is also darker than that from the lungs. In violent bleeding from the stomach, faintness or distress is a more prominent symptom; and the next stool (or the one succeeding it) will be very dark-colored. Some clew to the seat of the bleeding may be got from the previous complaint of the patient, but this cannot always be depended upon.

127. When the bleeding proceeds from the lungs, there is almost always a cough, a difficulty of breathing, and the blood is bright and more or less frothy.

128. Bleeding from the mouth may generally be treated much in the same way, whether proceeding from the lungs or stomach.

129. *Treatment.* — The first thing to be done is to give a teaspoonful of salt, mixed in a teacupful of cold water. While this is being got ready and given, make a large opening in one or both arms, and draw blood as rapidly as possible, keeping the patient standing in a tub of warm water until he feels faint; let the quantity drawn depend upon the effect, not on the number of ounces. As soon as faintness is brought on, let him sit or lie down, and give him a teaspoonful of the antimonial mixture (No. 2), and repeat this every half-hour, unless it cause vomiting, when you must stop; in three or four hours after the bleeding has stopped, give a large dose of castor oil (No. 6), and repeat the dose every three hours until it operates; then apply a blister between the shoulders. Should the bleeding recur, the same treatment must be repeated. Keep the patient on very low diet, perfectly still, and rather cool.

130. All violent exertions must be avoided; he should carefully avoid extremes of heat or cold, particularly the

latter ; the night air and damp weather are also to be avoided. If the immediate cause of the bleeding (such as great exertions, over eating or drinking, &c.) is known, this must in future be carefully avoided.

SCROFULA, OR KING'S EVIL.

131. This disease is generally known by enlargement of the glands about the neck. It is not attended with pain, and is very slow in its progress ; after a while, these enlarged glands become soft and break, discharging a curdy matter. The disease is so slow in its progress, that nothing need be done, until medical advice can be obtained, except attending to the patient's diet, which should be simple, but nourishing ; and to his clothing, which, especially in cold weather, should be warm.

132. He should not expose himself to damp or night air, and shall attend to the state of his bowels, taking about half a pint of sea-water every morning if they are costive.

THE VENEREAL DISEASE.

133. This is of two kinds, Syphilis and Gonorrhœa, requiring very different treatment.

SYPHILIS.

134. This begins with a small itching pimple, which becomes an ulcer, having rough, hard edges ; it is situated upon some part of the penis, sometimes just within the lips of the passage, sometimes on the foreskin, but generally on the glans ; these ulcers are called *chancres*. After a while soreness, and a tumor, called *bubo*, arises in the groin, which softens and breaks, discharging matter. If the disease is not stopped here, it goes on to affect the skin in the form of copper-colored blotches ; the throat becomes sore and ulcerated ; the bones then begin to be affected, &c., &c.

135. As soon as the disease is known to be Syphilis, give a large dose of epsom salts (No. 3), and put your patient on low diet. Twelve hours after the salts were taken, begin with the blue pills (No. 20), and give one pill every eight hours, until the gums begin to be sore; then leave off the pills and give a dose of salts (No. 3) if the bowels are costive. Should the pills cause the bowels to be very loose, give with each pill five drops of laudanum (No. 4); this quantity of laudanum may be increased if necessary.

136. While giving the pills, be careful to keep your patient confined to his bed, and comfortably warm; give him now and then a handful of allspice to eat at his leisure.

137. If these precautions be attended to, much less time and less medicine will be necessary for the cure, and there will be less risk of a relapse, as well as less danger from the mercury.

138. If the pills do not readily affect the gums, rub into the skin of the inside of each thigh, every night, a piece of mercurial ointment (No. 23), about as large as a bullet.

139. The duration of the salivation must in some measure depend upon the severity of the disease and the length of time since the infection. Generally it is not necessary to make the mouth very sore, but to keep it a little sore until the ship arrives at some port where the assistance of a skillful surgeon can be obtained; and, that the true state of the disease may not be hid, it is best not to apply mercury to the sores themselves, but merely to cover them with a little simple cerate (No. 35), twice a day, they being first well washed in warm water and soap.

140. A *bubo* may be poulticed if painful, and if it does not break it may be opened with a sharp knife; do not use your lancet for this purpose.

GONORRHOEA, OR CLAP.

141. Great care must be taken to distinguish Clap from Syphilis, for the two forms of venereal disease require very different treatment, and an error from treating one complaint for the other may, and almost must, be followed by lamentable, if not fatal, consequences.

142. Gonorrhœa, or Clap, is known by a discharge from the urethra, causing a smarting pain, which is also felt in making water. The glans or nut is generally swelled, and has the appearance of a red cherry ; this redness, however, is sometimes confined to within a short distance of the opening of the urethra.

143. The testicles sometimes swell and become painful, and there is sometimes a painful erection of the penis, called *chordee*. There is sometimes a stricture in the urethra, causing a stoppage, or a difficulty in making water.

144. Other symptoms attend the advanced stages of gonorrhœa, not necessary to be noticed in this work, which is only intended as a guide to the proper treatment of those diseases which may arise at sea, or in unfrequented places, where the services of a skilful practitioner cannot be had.

145. *Treatment*. — Restrict your patient to the lowest diet ; let him have no spirits, or intoxicating liquor of any kind. Let him be exempt from all duty ; let him support his testicles with a handkerchief. Make him observe the greatest cleanliness, frequently washing his privates with warm water and soap.

146. If he complain of much soreness and swelling, bleed him from the arm until he feels faint. Give him a large dose of salts (No. 3), and let him drink while they are operating as much warm water sweetened with molasses as he can ; the salts may be repeated every three or four days, if there is much pain. As soon as the inflammation is partly

abated, begin with the balsam of copaiba (No. 36), and give him one teaspoonful with half a teaspoonful of sweet spirits of nitre (No. 10), every eight hours, in a table-spoonful of molasses. After the inflammation is somewhat more removed, begin with the injection powders (No. 37); one powder is to be dissolved in a pint of water, and the whole of this is to be injected in the course of every twenty-four hours.

147. For chordee, if troublesome, twenty drops of laudanum (No. 4) may be taken at bed-time.

148. For swelled testicle, rest, an occasional dose of salts (No. 3), and suspending the testicle, are the best remedies. If very painful, after the salts have operated give twenty drops of laudanum (No. 4).

149. Do not give any mercury for Gonorrhœa, unless ordered by a surgeon to do so.

SCURVY.

150. The scurvy is a disease very rarely met with in the present day, yet, as it may occur in long voyages, it is necessary to be prepared for it.

151. This is known by the patient looking pale and bloated; he feels great disinclination to exertion or motion of any kind. The gums become spongy and apt to bleed on being touched, and the teeth become loosened. The skin becomes rough or shining with large purple blotches, ulcers break out in different parts of the body, and old wounds are sure to break out afresh; old fractures also become disunited. Very little pain is usually felt, and the appetite is generally pretty good. In the advanced stages, any exertion is apt to cause sudden death.

152. The remedies for this disease are almost confined to a change of diet, to free ventilation, and cleanliness.

153. The diet should consist of fresh vegetables of all

kinds, or of any kind that can be procured, fruits of all kinds, especially limes, lemons, oranges, and tamarinds. His drinks should consist of lime-juice, tamarind-water, black-tea, weak wine and water, spruce beer, &c.

154. The ulcers must be dressed with simple cerate (No. 35), and his gums frequently washed with tincture of myrrh (No. 38).

155. When scurvy has made its appearance, or is expected, the best means to prevent its spreading are, to get the water-casks filled afresh; to free the ship from the smell of bilge-water, by letting in sea-water, and pumping it out frequently; by washing and whitewashing every part of the hold and cabins; by admitting fresh air to every part as freely and as frequently as possible; in damp or cold weather, by putting up stoves in the men's as well as the officers' cabins; and by procuring fresh provisions, particularly fresh vegetables, on which the whole ship's company should live freely.

156. These precautions are necessary on long voyages, even when scurvy is not expected.

For DELIRIUM TREMENS, see Appendix, Par. 233.

INJURIES FROM ACCIDENTS.

157. These may be Wounds and Bruises, Fractures and Dislocations.

WOUNDS.

158. Wounds may be incised or cut, as when inflicted with a sharp instrument; or they may be lacerated or torn; they may be flesh-wounds, or they may include more important parts, as the bloodvessels, bowels, &c.

159. In simple, incised flesh-wounds, the only thing to be done is to bring the parts together as near their natural position as possible, and to keep them there by strips of adhesive plaster (No. 33), or, if necessary, by a few stitches of white silk or cotton thread; the stitches should be at least one eighth of an inch from the edge of the cut, and an eighth of an inch deep; after applying the plaster, a piece of fine rag should be folded up and laid over the wound, and over this a bandage snugly, but not very tightly, applied.

160. Where there is an artery cut, it may be known by the blood being of a very bright, light-scarlet color, and by its spirting from the wound in jets agreeing with the pulse at the wrist. Pressure or a cord tied below the wound does not check the flow, as it would do if the bleeding was from a vein. If the bleeding be from a large artery, the patient's life will be lost in a few moments unless it be stopped. To be able to do this, it is necessary to know that the blood in the arteries flows *from* the heart, and is returned to it through the veins. In order to arrest a bleeding from an artery, pressure must be made on the artery between the wound and the heart, so as to stop the circulation until the artery can be secured.

161. The first thing to be done, therefore, when a person has received a wound, with great loss of blood, is to tie a handkerchief round the limb, it having a knot in the middle, or, what is still better, having in its folds a ball of yarn or twine of about an inch in diameter, or, what would answer as well, a short bit of inch-rope; the part of the handkerchief having the knot, ball, or bit of rope must be applied over the course of the artery above the wound; in the leg, this may be found by the beating or pulse in the ham, under the knee, or in the inside of the thigh, and in the arm just below the armpit. You must then push under the handkerchief, on the opposite side of the limb, a short piece

of stick or a pocket-knife (not opened), and with it twist the handkerchief until it is sufficiently tight to arrest the bleeding. When this is effected, search must be made for the bleeding artery; for this purpose, also, the clotted blood must be cleared away, and the wound well washed with warm water; it may be necessary to allow a little bleeding, by slightly loosening the twists in the handkerchief, to enable you to see exactly where the blood comes from; the end of the artery must then be taken hold of with the point of a shoemaker's closing-awl, and gently drawn a little out; then another person must pass a strong thread round it beneath the awl, and tie it steadily and perfectly tight, letting the ends hang out of the wound; if the artery is perfectly secured, the bleeding will not return when the handkerchief is loosened. The handkerchief should not be entirely removed for some days after the bleeding has stopped. If you find it impossible to tie the artery, fill the wound with sponge or lint, after cleaning out all the clots of blood, and bandage so tight as to stop the bleeding until the assistance of a surgeon can be had.

162. If a vein be the bloodvessel cut, all that is generally necessary is to bring the lips of the wound together and apply a bandage to the whole limb below the wound, making it tightest at the fingers or toes, and gradually looser towards the wound; if the bandage is applied only round the wound, the bleeding may be increased, unless very skilfully put on.

163. A wound, after being well done up, need not be opened for eight or ten days. If the limb swells or is painful, the bandages may be loosened a little.

164. If the wound is torn or crushed, all you have to do is to replace the torn parts as well as you can, remove all dirt, splinters, pieces of clothing, or other loose substances, but do not cut or tear away any mangled flesh or skin; a little simple cerate (No. 35) spread on a piece of lint or rag

must then be kept over the wound by a bandage quite loosely applied ; the bandage must be kept wet with a wash made by putting one teaspoonful of liniment (No. 7) into half a pint each of vinegar, spirits, and salt-water ; this may be applied warm or cold, as is most agreeable to the patient. If the wound become very painful, remove the bandage, and apply a warm poultice made of one or two biscuit soaked in cold water and afterwards warmed. The poultice should be renewed two or three times a day ; when the pain is relieved, the poultice is to be removed and the wound dressed with the cerate (No. 35), as before.

165. Should the bowels, or any part of the contents of the belly, protrude through a wound, they must be carefully replaced, and the wound kept together by stitches, plaster, and bandages passed round the body.

166. In violent bruises or sprains, where the skin is not cut or torn, apply the lotion made of one teaspoonful of liniment (No. 7), half a pint of vinegar, and the same quantity of spirits and of sea-water ; a bandage or cloth kept wet with this is to be applied to the part injured. Should there be much pain, especially if the injury should be about the head or trunk, bleed from the arm until faintness is felt, or until the pain abates. Should the injury cause inflammation of the brain, lungs, or bowels, the patient must be treated as directed under those heads.

FRACTURES.

167. The long bones of the body may be broken with little or no injury to the surrounding soft parts ; or the injury may be so serious that the ends of the broken bones may be driven into the surrounding muscles or through the skin ; or the bone may be crushed or broken in more places than one.

168. In fractures of all kinds, the first thing to be done is

to bring the parts into their natural position, and to keep them there. Inflammation must be kept down by bleeding, physic, and the spirit and vinegar lotion. Where the bone has protruded through the skin, after setting the bone you must treat the wound as directed under the head of Wounds. For modes of reducing fractured bones, see particular directions for each.

FRACTURED JAW.

169. This is easily known, as the fracture is generally near the chin. The bones must be brought even, and a pasteboard splint made to fit under and in front of the chin ; if the teeth are broken away on one side, or previously lost, a piece of cork must be cut so as to supply their place and give support to the bandages. To bandage it, take a long strip of cotton, with each end torn into two tails, and cut a hole in the middle so as to fit the chin ; then tie two of the tails above the head and two behind the neck. The patient must be fed without opening his mouth ; his food, therefore, must consist of broth, gruel, and the like.

FRACTURE OF THE COLLAR-BONE.

170. This is known by the outer end being lower than the other ; the patient is unable to raise his hand to his other shoulder or to his forehead.

171. Draw the shoulder back until the broken ends are even, then bandage the shoulders back, and the elbow to the side, after putting a ball of tow or cotton in the armpit. The arm must be slung in a large handkerchief, that no weight may come on the shoulder.

FRACTURE OF THE BONE OF THE ARM ABOVE THE ELBOW.

172. This is easily detected and easily set. It requires but two pasteboard splints, one on the inside and the other

on the outside of the arm, secured by a bandage. Sling the arm so that the wrist may be more supported than the elbow.

FRACTURE OF THE BONES OF THE FORE-ARM.

173. This is known by the usual signs ; the hand cannot be turned, and the patient holds the hand of the injured limb in the palm of the other hand.

174. In setting this, put two splints, one on the outside, the other on the inside of the arm, long enough to reach from the elbow to the ends of the fingers, thus preventing all motion of the arm or hand. The arm must be carefully slung with the elbow bent, and the thumb (which is left out) pointing upwards.

FRACTURE OF THE BONES OF THE HAND.

175. These must be set with pieces of pasteboard, wet and softened, and each finger wrapped in a small bandage ; a soft cushion must be exactly fitted to the curve of the palm and fingers, and the whole inclosed in a bandage brought down from the arm.

FRACTURE OF THE KNEE-PAN.

176. This may be known by the upper half being drawn upwards on the thigh, while the lower part remains stationary.

177. Raise the thigh square with the body, as in sitting, and straighten the knee, as in standing ; procure a board eight or ten inches broad, and long enough to extend from just above the heel to the top of the thigh ; on this must be laid a soft blanket smoothly folded ; the leg must be laid on this and secured by a bandage about the knee, carried round in the form of a figure 8, the crossing to be over the splint behind, and in front it must be carried above and below the broken bone, so as to bring the broken parts together.

178. Sometimes the ligament below the knee-pan is broken ; this may be distinguished from the fractured bone by the whole knee-pan being drawn up, leaving a hollow below ; it must be treated in the same way as if the knee-pan were broken.

FRACTURED THIGH.

179. A very serious injury, sometimes causing death, and often lameness. It may be known by the foot being easily turned inwards or outwards while the patient lies flat on his back ; the foot when left to itself generally falls outwards from the other, and the knee turns with it.

180. A smooth mattress must be laid in a large berth, or, what is better, on the cabin-floor, and properly secured there ; over this must be laid a soft blanket, and on that a strong sheet, with a hole cut in the middle of it about eight inches in diameter ; this sheet must be firmly secured to a frame large enough to go outside the mattress ; the patient, with clean feet, and clean stockings, must be laid straight on his back on this sheet, being first undressed, and having his shirt folded up under his back ; his privates must be just over the hole in the sheet. If there is much motion to the vessel, he must be held steadily in this position by one or two men, until finally secured by the apparatus. Next procure two pieces of board, six inches wide and long enough to reach from the armpits to the soles of the feet ; secure the lower ends of these to a cross-piece of plank, twelve or fourteen inches square ; through this plank bore several augur-holes. The upper ends of the boards must be made smooth and be covered with old cloth, so as not to chafe the armpits into which they are to be placed.

181. The apparatus, being placed so that the body and both legs shall be between the boards, with the plank nearly touching the soles of the feet, is to be secured there by a

bandage carried round the body, and another round each knee; the body and knees are to be kept perfectly straight, and the upper ends of the boards in the armpits; the foot of the uninjured side must then be placed firmly against the plank, and secured there by bandages carried round the foot and ankle and through some of the holes in the plank; the other foot is then to be brought down in the same way, so that both legs shall be of equal length. The side-boards and plank must be stayed or braced, so that they may not get out of square. The spirit lotion may be then applied to the fracture, and the limb examined without disturbing the apparatus.

182. When the patient wants to make water, he must be supplied with a cup, and when he requires to pass a stool, he must be lifted and held up from the mattress by means of the frame, one man at each corner; a pan or pot may then be placed under him, but he must not rest upon it. The feet must now and then be seen to, for they are apt to become sore from the pressure of the bandage. The object of this apparatus is to make the well leg keep the fractured one fully extended, and consequently in its place.

FRACTURED LEG. (*Below the knee.*)

183. When the small bone on the outside of the leg is broken, which may happen from a direct blow, nothing is required but to keep the leg quiet, and if it is painful to apply the spirit lotion.

184. When the large shin-bone of the leg is broken, it will be known by passing the fingers up and down the shin.

185. It must be put in its natural position, and kept there by two long splints reaching from above the knee to below the heel. The sole of the foot must not rest against any thing, but the leg must be so fixed as in some degree to hang from the knee. The foot must be kept from falling on one side by

pillows. At your leisure you must have a box made, with a bottom and two sides, into which the leg must be secured, after making a soft bed for it of cotton-wool, or any other soft substance you may have at hand, and the leg must be kept steady by stuffing between it and the sides of the box some of the same soft material. Be careful that the heel does not press upon the bottom of the box, else a sore very difficult to cure may be the consequence.

DISLOCATIONS.

186. Dislocation is a displacement of the bones at a joint, and is the effect of a twist of the limb, and not of direct injury to the joint ; keeping this fact in mind will very much aid in determining the nature of an accident.

DISLOCATION OF THE JAW.

187. The marks of this are, the mouth is open and the teeth do not correspond ; on putting the finger just before the ear and causing the patient to move the jaw, you will feel a hollow instead of a prominence. Spittle flows from the mouth, and speech and swallowing are somewhat difficult.

188. To reduce it, first protect the thumbs with strong gloves, or with a piece of linen wrapped round them, or the opposite corners of a pocket-handkerchief.

189. The patient should be seated low, and have his head firmly supported by an assistant ; then, putting your thumbs deep into his mouth, place them on his grinding teeth and grasp his chin with your fingers. The jaw is now to be forced down by the strength of the thumbs, and at the same time the chin raised by the palm and fingers, when the jaw will come to its place, with so much force as to bruise the operator's thumbs if not previously protected.

190. The only bandage wanted is one to prevent the mouth from being opened too wide.

DISLOCATION OF THE SHOULDER-JOINT.

191. This is known by a hollow on the top of the shoulder ; the elbow cannot be carried to the side without pain ; neither can the arm be extended or raised to the head, except with difficulty.

192. There is sometimes a numbness of the arm, or the pulse is weak.

193. To reduce it, place the patient in a strong chair ; pass a sheet round his body under the injured arm, and fasten the ends to a strong post or beam ; put a towel or handkerchief over the shoulder, and fasten the ends firmly to the sheet.

194. Tie two towels tightly round his arm, just above the elbow ; let two strong men pull the arm by them, gently at first, but gradually increasing the force. Then the operator, taking hold of the arm with the right hand, places the left on the top of the shoulder, directs the bone a little upwards and backwards, and brings the arm round until its direction is upwards and forwards, when it will generally be reduced, which is known by the audible jerk made when the head of the bone returns to its socket, by the ease of the patient, and by the two shoulders being alike.

195. Another way to reduce a dislocated shoulder is, to make the patient lie down on his back ; the operator then sits down by the side of the dislocation, facing the patient ; he removes his shoes and places his foot next the patient into the armpit of the injured side ; then he makes extension by pulling forcibly the dislocated limb, altering the position of it as described above, until it is reduced. After reduction it will be necessary to keep the patient's arm to his side by a strap.

DISLOCATION OF THE ELBOW-JOINT.

196. This is easily known, by an unnatural prominence of the elbow, and a painful stiffness of the arm.

197. To reduce it, grasp the arm with the left hand and bend it, pushing the bone into its place with the right.

198. If this does not succeed, grasp the arm with one hand, and the wrist with the other, then thrust the knee into the fore part of the elbow-joint, and thus bending the joint, reduce the dislocation.

DISLOCATION OF THE WRIST.

199. To reduce this dislocation, let an assistant weave his fingers with those of the patient and pull; then grasp the lower part of the arm with the left hand, and with the other bend the patient's wrist and occasionally add your strength to the efforts of the assistant.

DISLOCATION OF THE THUMB AND FINGERS.

200. To reduce these dislocations, you must not pull directly on the end of the member, but the thumb or finger must be forcibly grasped and bent, when the parts will be brought into their natural position. A splint and bandage will be required to support the joint.

DISLOCATION OF THE HIP-JOINT.

201. This may happen in three different ways; either upwards or downwards, and very rarely upwards and forwards. Different treatment is required to reduce each.

202. The first may be known by the shortness of the limb compared with the other; the toes are turned inwards, and the whole leg is distorted. There is pain in the groin, and the thigh is bent to relieve the pain and tension.

203. To reduce this, the patient is laid partly on his back, inclined to the uninjured side, on a bed, box, or strong table, fastened so that it cannot move; a strong sheet must then be passed between his thighs, carefully excluding the privates, and be fastened to a post behind him. A person must keep the patient quite still, by placing a hand on each

hip-bone ; then, whilst strong men extend the thigh in a line with the body, by means of towels firmly tied just above the knee, the operator must bend the knee and take the heel and ankle in his hand to give a slight twisting motion to the leg ; when the thigh is sufficiently extended, give a pretty forcible jerk of the heel inwards, and an audible snap will show that the bone is in its place.

204. Unless the socket of the bone is injured, no bandage is required.

2d. When the bone is dislocated downwards.

205. This is known by the thigh being longer than the other, the foot and toes are turned outwards, and the leg cannot be brought into a line with the body without difficulty and pain.

206. In reducing this, let the patient sit upright, with one thigh on each side of a strong post ; something soft should be wrapped round the post, and a person sits behind him, to prevent his lying down or rising up. The thigh is extended at right angles to the body, in the same way as in the last. If this does not succeed, pass a large cloth round his thigh, as near the body as possible, and pull it so as to draw the *head* of the bone outwards, at the same time bringing the knees together, still extending the thigh.

207. The third is known by the thigh being shorter, and the knee and toes turned outwards, and is reduced by extension as in case first, only at the last jerking the heel outwards instead of inwards.

DISLOCATION OF THE KNEE-PAN.

208. This is distinguished by the flatness of the knee, at its front part. The displaced bone is easily felt on the inside or outside of the knee.

209. To reduce it to its place, let the person sit upon the

deck with as mall block of wood under his heel ; this will relax the muscles. Then apply the thumbs to the knee-pan, and the fingers to the sides of the joint, and, first pressing it towards the foot, carry it to its place ; extension is not required. A bandage will be necessary.

DISLOCATION OF THE KNEE.

210. This is to be treated in the same way as the elbow.

TREATMENT AFTER REDUCTION.

211. If the part injured is much inflamed, apply a blister (No. 12), and cause the patient to live low. When all inflammation has subsided, if the joint is weak, cover it with a strengthening-plaster (No. 32).

HERNIA, OR RUPTURE.

212. This is known by a tumor in the groin, or top of the thigh, extending sometimes into the scrotum ; it may be distinguished from enlargement of the testicle, or other disease, by a jerk felt in the tumor when the patient coughs.

213. Ruptures are generally found very difficult to reduce, when the patient requires assistance, for he will have already made every effort himself. Generally the reason of failure is want of perseverance. The efforts need not be violent, but they must be steady, and continued without intermission for at least an hour, if necessary.

214. The patient is placed on his back, with his heels drawn up to his buttocks. The tumor must then be grasped with both hands and pushed upwards, varying the direction a little now and then. If these efforts should fail, make him stand up, and in this position bleed him until he feels faint ; then, while he is standing, endeavour to reduce the rupture.

215. A rupture may generally be reduced by making the patient stand against a wall or partition, after all other means

have failed. The patient must be made to stoop a little forward.

216. Snow, pounded ice, or cold water, in which as much salt has been thrown as the water will dissolve, is sometimes useful, being applied to the tumor for ten or fifteen minutes; then renew the endeavours to reduce.

217. Should this fail, give a "tobacco glyster," made by boiling about an ounce of tobacco in a pint of water. Repeat the glyster every half-hour, until they shall have made a sensible effect upon the whole system, resembling intoxication. Then make another effort, the patient being (supported if necessary) in the standing position.

218. No person having a rupture should be unprovided with a good truss. And every ship's medicine-chest should be provided with one or two at least; for if one cannot be obtained when wanted, the patient must be exempted from hard labor, going aloft, &c., or even be confined to his berth.

SUSPENDED ANIMATION.

219. This may be caused by drowning, hanging, suffocation, impure air, or severe cold.

220. The patient, as soon as he is found, must be stripped of his clothes and laid rather on his right side, in a warm bed; rub all over his body any kind of oil or fat, made quite warm; jugs, or bottles of warm water, warm bricks, warm clothes, or any thing warm that can be immediately procured, must be placed to his hands, feet, back, or any other part of his body. Apply your mouth to that of the patient, and blow so as to inflate his lungs, taking care that your breath does not escape through the patient's nose or the corners of his mouth. As soon as you have forced as much of your breath as possible into the patient's lungs by one expiration, remove your mouth from his, and press on his chest, that the

air may be expelled ; then apply your mouth to his again as before. Continue this for three or four hours, unless he revives before that time ; for cases have occurred where four hours' steady perseverance in this way has at last been successful. As this is very tiresome, three or four persons should take it in turn, so as to keep it up effectually. While this is going on, others should be employed in keeping up the warmth of the body by changing the bottles of water, &c., and by moderately rubbing the body with heated cloths. Put a table-spoonful of liniment (No. 7) into a pint of warm water, and inject it into his bowels ; this may be repeated, if necessary, every half-hour. As soon as he can swallow, give him sweetened warm water, very little at first, for fear of strangling him, and repeat it often until he can swallow it easily ; then give him some warm wine and water, well spiced, or, if no wine can be had, give him ginger tea, or strong black tea. Should he remain very stupid, or complain of pain after the breathing is restored, you must bleed him for relief. It is necessary that the patient should have as much free air as possible ; nobody, therefore, should be allowed in the room but such persons as are at the time *necessarily* employed in his recovery.

221. Be careful not to burn the patient, for one in this state cannot bear great heat without injury.

222. In cases where any part of the body is frozen, be careful not to apply warmth before the parts are thawed ; this must be done by applying snow in small quantities, or water as cold as it can be got. After a part has once been frozen, it is more liable to the same accident again.

DIRECTIONS FOR BLEEDING.

223. This operation is generally performed at the bend of the right elbow. First feel for the pulse at the wrist, and at the bend of the arm. Then tie a piece of tape or list

round the arm just above the elbow, not so tight as to stop the pulse at the wrist, but so as to swell the veins ; feel for the artery at the elbow, and choose a vein that does not lie immediately over it ; also prefer a vein that does not (from being loose under the skin) roll or slip from under the finger on pressure.

224. Let an assistant stand behind, to support the arm square with the body, and to hold the bowl. The operator stands in front of the arm ; with the thumb of the left hand he secures the vein just below where the opening is to be made, and with the fingers of the same hand he grasps the arm. The blade of the lancet, half-opened, is to be held between the thumb and fore-finger of the right hand, something in the same way that a pen is held in writing, the ring and little fingers resting on the arm ; the point of the lancet is brought to the vein, and quickly pushed forwards into the vein. The want of resistance to the further insertion of the lancet tells the experienced surgeon that he is deep enough ; the blood starting up by the sides of the lancet will show that the vein is opened ; the lancet must then be brought out perpendicularly to the surface, so as to make the hole in the skin directly over the hole in the vein, that the blood may escape freely. In general, when bleeding is necessary, the blood should be allowed to run until it produces faintness, or relieves the complaint.

225. When you wish to stop the blood, place the thumb of the left hand on the orifice and untie the tape ; bring the edges of the cut together, and apply to it a small piece of rag made eightfold ; secure this in its place by the tape, or by a bandage put once round the arm above the elbow, and once below, being crossed over the rag which covers the orifice.

226. If it is required to let blood again within twenty-four hours, it can generally be done simply by removing the

bandage and applying it above the elbow as at first ; if this does not succeed, and another good vein cannot be found in the same arm, it will be necessary to bleed from the left.

BURNS AND SCALDS.

227. These accidents must both be treated in the same way.

228. As soon as the clothes can be removed, apply a soft rag, cotton-wool, or lint wet with spirits of camphor (No. 40) ; then wet some more cotton-wool, or other soft substance, with a mixture of equal parts of oil of any kind and of liniment (No. 7), and cover the part well, so as to exclude the air, light, and cold ; let the dressing remain for at least a fortnight before it is removed ; it must be kept soft by moistening the dressings for the first two or three days with a little of the liniment and oil, and afterwards with oil alone.

229. Be careful in doing up the accident, that the parts are in their natural position, and that two burnt or scalded surfaces do not come together, for if such should be the case they will adhere, and cause great deformity ; the fingers or toes, should they be the seat of the injury, must be separated by the first rag ; and should the injury be in the bend of the elbow, knee, groin, armpit, neck, &c., lint or cotton-wool must be laid well down into the hollow, so as to prevent the raw surfaces from coming in contact.

230. Nothing is so beneficial to a burn or scald as to keep it constantly well covered up. If the pain is very severe, you must give, every three or four hours, thirty drops of laudanum (No. 4). Should the patient become very feverish, you must give a dose of calomel and jalap (No. 1), and if necessary, after this operates, a teaspoonful of the antimonial mixture (No. 2).

231. Let him live very low as long as there is any pain or fever ; afterwards, if there should be a great discharge from

the sores, without fever, the diet may be rather more nourishing, but still simple, and he may take, every eight hours, twenty-five drops of the elixir of vitriol (No. 24), in a cup of sweetened water.

232. When you remove the dressings, dress the sores, if they are not already healed, with simple cerate (No. 35), and cover them well again as before. If there should be proud flesh protruding beyond the skin, touch it with a bit of blue stone (No. 45), and cover it with a piece of dry lint.

APPENDIX.

INSANITY FROM DRUNKENNESS.

233. DRUNKENNESS is the immediate effect of the abuse of intoxicating liquors, and generally requires no medical treatment. Cases, however, sometimes occur, especially in young persons, and in those unaccustomed to their use, where the life of the patient may be in danger. In these extreme cases, the patient must not be allowed to lie with his head lower than his body; care must be taken to keep his hands and feet quite warm; he must be occasionally roused; if this cannot be done by speaking to him, you must not use any violence about the head; the best plan is to use a very small switch upon the bare skin of his shoulders and back; if he can swallow, give him as much warm water as you can make him drink, or, what would be still better, if practicable, have his stomach emptied by the stomach-pump. If there is any coughing, or difficulty of breathing from phlegm in the throat, turn him upon his side, that the saliva may run from the corner of his mouth; he should not be left alone in this posture, for fear of his being suffocated; after the immediate effect of the debauch has gone off, give him a dose of salts (No. 3), or a Sedlitz draught (No. 44). Intoxication sometimes occasions inflammation of the brain, with delirium; this must be carefully distinguished from Delirium Tremens; it will be known by a swollen and red face, full pulse, &c., and must be treated by bleeding, &c. See Par. 11.

DELIRIUM TREMENS, OR HORRORS.

234. This is a disease, the remote cause of which is the abuse of intoxicating liquors, but is caused immediately by the discontinuance of them. This discontinuance may have been voluntary, or it may have been because the longing of the debauchee for spirits has changed to disgust.

235. Delirium Tremens is known by a pale and shrunken face the pulse is small and quick; the patient sometimes has pain in the head, generally vomiting; his feet if not cold quickly become so on exposure; they are commonly damp.

236. The patient is delirious, and very fearful, continually listening, and thinking he hears and sees persons conspiring to kill him; he imagines the presence of evil spirits, is afraid of being left alone, seldom makes any attempt at self-defence, and is generally harmless to those about him; he is a coward, and by proper management easily controlled. There is sometimes an appearance of the delirium being assumed; this seems to arise from a strange mixture of sanity and insanity, or of one state following the other in rapid succession; sleep has entirely left him, and his mind is continually on the stretch, and his eyes and ears on the watch, although real objects of both senses, from their being pre-occupied, seem sometimes to be unobserved by them. There is a constant picking at the bed-clothes, and the patient fancies he is collecting small bodies, or bits of thread, which he will seem to wind about his fingers, or into a ball, and hand to his attendant.

237. There is commonly a trembling of the limbs, but this is not constant.

238. *Treatment.* — The patient must be confined to a moderately darkened room; there must not be a glare of light entering between window-shutters or curtains; a small bright ray will sometimes make a patient almost ungovernable.

239. The utmost quietness must be observed, and no more persons admitted than sufficient to attend him; two at a time is quite sufficient; the windows must be well secured, else he may escape from one of them. If on board ship, there will be great danger of his jumping overboard, if not carefully watched. He must not be treated harshly; severity may quiet him for the mo-

ment, but will make him more anxious to escape, and will not in the least mitigate the complaint. Persons of whom he feels a great dread or hatred should be kept away. Let the attendants converse as little as possible with the patient, and never, if possible, contradict him. The treatment must be kind, cheerful, and soothing, but serious; never be merry at his witticisms or oddities, and never resent his abuse except by silence. By a steady perseverance in this plan, the attendant will become his best friend and master.

240. The medical treatment is sometimes very difficult, and must vary with the symptoms.

241. If there should be costiveness, give a glyster (No. 11), and repeat it every hour until it operates.

242. If there is vomiting, give large quantities of warm water or camomile tea (No. 16), until his stomach is emptied of its contents.

243. Put the feet into very warm water, or a mustard bath (No. 29), especially if they are damp or cold.

244. After the stomach and bowels have been emptied, begin with the laudanum (No. 4), and give three or four teaspoonfuls, well mixed with a little gruel or gum-water (No. 8), every hour, until he falls asleep; if he vomits the laudanum, give two table-spoonfuls of laudanum (No. 4), mixed with half a pint of warm gruel, in the form of a glyster, every hour; apply a blister (No 12) to the pit of the stomach; as soon as the blister rises, remove the scarfskin, and apply a cotton-cloth, eight times folded, well wet with laudanum (No. 4) and compound oil of terebinthina (No. 9), in equal proportions.

245. If, after persisting in this plan for a day or two, you find it makes an impression on the symptoms, give two teaspoonfuls of the compound oil of terebinthina (No. 9), in a little gruel or oil of any kind (except boiled linseed), every two hours.

246. Bleeding is recommended by some physicians in Delirium Tremens; but I never saw any good come from it, after the symptoms, such as I have described them, have made their appearance; when the pulse is full, the face red, &c., indicating inflammation of the brain, bleeding is indispensable, and although Delirium Tremens may supervene upon those symptoms, yet as soon as

true Delirium Tremens makes its appearance bleeding is no longer proper.

247. It is the practice with many physicians to give spirits and wine in Delirium Tremens, but I have never seen them do much good, though often much harm. Porter or ale is the least objectionable article of this class.

248. Of all liquors, brandy is the most apt to cause Delirium Tremens, especially if new. New liquors are more apt to cause bad effects, from their containing a poisonous oil, which they gradually loose by keeping.

REMEDIES REFERRED TO.

No. 1. CALOMEL AND JALAP.

R. Hyd. Sub. Mur. \mathfrak{z} j. Pul. Jalap. \mathfrak{z} ss. Pul. Rhei \mathfrak{z} ss. M. ft.
pulv. Vel,
R. Hyd. Sub. Mur. \mathfrak{z} j. Pul. Jalapæ \mathfrak{z} j. M. ft. pulv.

This is a very powerful purgative ; it is therefore only used where thorough purging is required, as in fevers, inflammation of the brain, &c.

A teaspoonful is a dose ; it should be taken in molasses. See Par. 11, 13, 53, &c.

No. 2. ANTIMONIAL MIXTURE.

R. Ant. Tart. gr. x. Pot. Nit. gr. lx. Tr. Camph. C. \mathfrak{z} j. Aquæ
Puræ \mathfrak{z} iv. M. ft. mist.

This medicine is given in all cases, when it is desirable to moderate the force of the circulation ; it is proper, therefore, in all cases of fever and inflammation. A teaspoonful is generally a proper dose, but the quantity must depend upon the effect produced. It generally is necessary to induce by it a slight sickness, a little short of vomiting. Give it mixed in any kind of drink. See Par. 11, 14, 23, &c.

No. 3. EPSOM SALTS.

Mag. Sulph. ℥ij.

This is a proper purge in slight pains in the head, or to be taken occasionally in hot climates. Two table-spoonfuls is a dose, taken in half a pint or more of warm water. See Par. 11, 35, &c.

No. 4. LAUDANUM.

Tr. Opii. ℥ij.

The use of this medicine is to allay pain, and to procure sleep. Great caution is necessary in the use of it. When given for pain in the head, it should always be preceded by a purgative, and it must never be given to procure sleep while the bowels are costive.

In colic it must be given before opening medicine.

The dose is usually twenty-five drops; but this varies in different complaints. See Par. 14, 15, 21, &c.

No. 5. CALOMEL AND OPIUM PILLS.

℞. Hyd. Sub. Mur. ℥j. Opii purif. ℥ss. Sap. Hisp. ℥ivss.
Muc. Acac. q. s. Simul contund. ut ft. mas. Div. in pil. 120.

These pills are used in complaints of the bowels, and in the advanced stages of pleurisy and inflammation of the bowels. The dose varies with the nature of the complaint.

As these pills contain mercury, they may salivate; should this happen when not required, they must be discontinued, and a dose of rhubarb (No. 18), or castor oil (No. 6), be given, and the patient must not expose himself. See Par. 19, 26, &c.

No. 6. CASTOR OIL.

Ol. Ricini ℥bj.

This is a mild purgative, and may be given at any time that the bowels require to be opened, provided there is no sickness at the stomach at the time. The dose is about a table-spoonful. See Par. 14, 21, 28, &c.

No. 7. LINIMENT.

R. Lin. Sap. C. \mathfrak{z} ij. Ol. Terebin. \mathfrak{z} j. Ol. Oliv. \mathfrak{z} j. M. ft. Linim.

This is useful applied externally after any injury, when the skin is not broken. Also in pain from internal complaints. It is used also in glysters. It is applied warm, and well rubbed in with a piece of flannel; the part, when sufficiently rubbed, is covered with the same piece of flannel. See Par. 15, 19, 23, &c.

No. 8. GUM ARABIC.

Pul. Gum. Acac. \mathfrak{z} iv.

Gum-water is made by dissolving a table-spoonful of the gum in a gill of boiling water; it is used in complaints of the lungs, stomach, and bowels; also in the venereal complaint; there is no danger in giving an over-dose; it is useful to allay irritation; a table-spoonful may be taken every hour; it will not interfere with any other remedy. See Par. 19, 40, &c.

No. 9. COMPOUND OIL OF TEREBINTHINA.

R. Ol. Tereb. rec. \mathfrak{z} ij. Rad. Anchus. gr. v. Ol. Gauth. gutt. x. Sp. Nit. \mathfrak{A} th. \mathfrak{z} ss. M.

This is a useful medicine in some complaints of the bowels (which see). The dose is four or five drops every half-hour, in severe cases; or in old cases, where the symptoms are not so severe, twenty drops three times a day; it may be given in molasses or gum-water. See Par. 19.

No. 10. SWEET SPIRITS OF NITRE.

Sp. \mathfrak{A} th. Nit. \mathfrak{z} ij.

Used mixed with compound oil of terebinthina, in inflammation of the bowels, and with balsam copaiba in Clap. See Par. 19, 146, &c.

No. 11. GLYSTERS.

Glyster-pipe and bladder, or pewter syringe.

These are given to assist the operation of purgative medicines, when No. 1 must be used.

When it is wished to stimulate the system in cases of suspended animation, then No. 2 must be given.

When, in cases of rupture, it is necessary to use tobacco in the form of a glyster, it must be made according to No. 3.

In administering a glyster, you must oil the pipe before introducing it; you must force it up very gently at first, and when you find it begin to go up, use more force, that the glyster may ascend well up into the bowels. The injections must be blood warm.

No. 1. Take one table-spoonful of molasses, one table-spoonful castor oil (No. 6), one pint warm sea-water.

No. 2. Take one table-spoonful of liniment (No. 7), one pint warm fresh water.

No. 3. Take one ounce tobacco, boil it gently for a few minutes in a pint of fresh water. See Par. 19, 21, 217, &c.

No. 12. BLISTERING PLASTER.

Emp. Lyttæ \mathfrak{z} ij.

A blistering plaster is made by spreading so much of the plaster on a piece of leather or canvas, of the required size, as will make the coating about as thick as a dollar.

It is useful after the first stage of many inflammatory complaints.

The part whereon it is to be put must be first well washed with pepper vinegar, or warm water and soap; after the plaster is removed, it is to be dressed with basilicon (No. 39). See Par. 11, 14, 37, &c.

No. 13. COMPOUND GUAIAACUM POWDER.

\mathcal{R} . G. Guaiac. \mathfrak{z} j. Sulph. lot. \mathfrak{z} j. Ferr. Carb. \mathfrak{z} j. M. ft. pulv.

This is recommended under the head of Rheumatism. One teaspoonful is a dose, which may be taken every four or six hours, mixed in molasses. See Par. 24.

No. 14. SATURNINE MIXTURE.

\mathcal{R} . Plum. Sup. Acet. \mathfrak{D} iij. Tr. Opii \mathfrak{z} j. Acet. Acid \mathfrak{z} j. Aquæ Puræ \mathfrak{z} ij. M. ft. haust.

This is an astringent, given internally in dysentery, and in

cholera morbus. The dose is one teaspoonful every half-hour; it may be taken in gum-water, or molasses and water. See Par. 26, 28.

No. 15. CALOMEL PILLS.

R. Hyd. Sub. Mur. ζ iij. Sap. Hisp. ζ j. Muc. Acac. q. s. Ft. mas. Div. in pil. 60.

These are given in several diseases, and in doses varying according to circumstances. See Par. 35, 44, 63, 118, &c.

No. 16. CAMOMILE FLOWERS.

Flo. Camom. ζ viij.

Camomile tea is used sometimes to check vomiting, and at other times it is used when an emetic is given to assist its operation.

With the first intention it is made very strong, a handful being steeped in half a pint of boiling water, and when it is given to encourage vomiting, the same quantity is sufficient for two or three quarts of water. Camomile tea is a very good strengthening medicine after fevers and inflammatory complaints, and may be given with safety earlier in the complaint than any other kind of bitters; for this purpose a cupful, made as strong as is pleasant to the taste, may be taken before each meal. See Par. 38, &c.

No. 17. EMETICS.

R. Ant. Tart. ζ j. Ant. Sulph. gr. xij. M. ft. pulv. Div. in ch. xij.

Emetics are often given in the beginning of fevers, fever and ague, nettle-rash, and of other complaints. One of these powders is to be well mixed in six table-spoonfuls of warm water, and one table-spoonful is to be given every ten minutes until it begins to operate.

During the operation, let the patient drink plentifully of warm water, or of camomile tea. See Par. 44, 68, 103, &c.

No. 18. RHUBARB.

R. Pul. Rhei ζ j.

This is a very mild purgative, and is given when the bowels only require to be opened without causing any debilitating effect. The dose is a teaspoonful, which may be taken in molasses or mint-tea. See Par. 44, 46, &c.

No. 19. QUININE MIXTURE.

R. Quini. Sulph. ℥ij. Acid. Sulph. ℥ij. Aquæ Puræ ℥iv. M.
ft. sol.

This medicine is used principally in fever and ague, and in the latter stages of some malignant fevers. It being a very powerful medicine, it must be given with care, according to the directions. The dose varies with the disease. In getting the phial filled up, be careful to have it put up according to the prescription above. See Par. 45.

No. 20. MERCURIAL PILLS.

R. Mas. Hyd. ℥v. Div. in pil. No. lx.

These pills are generally given with the intention of salivating the patient, as in lockjaw, syphilis, and some other diseases; in others blue pills are sometimes given, not with the intention of producing a sore mouth.

In giving mercury with the first intention, great care is necessary, that the salivation be not carried too far, for very profuse spitting is not necessary; violent salivation is apt to cause ulcers in the mouth and throat, which might be taken for the disease which the mercury is given to cure.

There is also great danger from exposure, especially in damp or cold weather; the more care that is taken to keep the temperature of the body comfortably warm, the less mercury will be required, and the less danger from its use.

Many persons are so easily salivated, that one dose of blue pill is sufficient to give them a very sore mouth. Caution must be used, therefore, lest too much be taken. In cases of over-salivation, leave off the mercury, and give twice a day one of the powders (No. 26), and occasionally a dose of castor oil (No. 6), if required. Wash the mouth frequently with warm water, in which a little shaving-soap has been dissolved, or warm water and tincture of myrrh (No. 38), one teaspoonful of the latter to a pint of the former.

In some cases, mercury, from some peculiarity of the constitution of the patient, will not readily produce salivation. In this case,

it is necessary to vary the medicine ; give sometimes a calomel pill (No. 15) instead of a blue pill ; also rub mercurial ointment into the skin of the arms and thighs (see No. 23). If the pills cause a looseness of the bowels, this will prevent salivation ; in this case give a little laudanum (No. 4) with each pill.

While a person is taking mercury he should live low, and amuse himself by chewing any kind of spice you may have, such as allspice, cloves, ginger, nutmeg, &c. See Par. 90, 135.

No. 21. DIURETIC POWDER.

R. Pot. Bitart. ζ ij. Pot. Nit. ζ iv. Min. Ferr. Rub. gr. xx. Ol. Tereb. gut. xx. M. ft. pulv.

This medicine is intended to increase the flow of the urine ; it is given in dropsy. One teaspoonful is a dose, every six or twelve hours, according to the urgency of the case ; it may be taken in molasses, followed by a large draught of warm tea or other drink. See Par. 66, 120.

No. 22. MAGNESIA AND RHUBARB.

R. Mag. Carb. ζ ss. P. Rhei ζ j. M. ft. pulv.

This is a gentle, opening medicine, and is particularly recommended in nettle-rash, but may be given in any other complaint where gentle physic is required ; one teaspoonful is a dose, in molasses. See Par. 68.

No. 23. MERCURIAL OINTMENT.

R. Ung. Hyd. fort. ζ iij.

This ointment is used in erysipelas, and other diseases of the skin ; it is also used to produce salivation in syphilis ; a piece about as large as a nutmeg being rubbed into the skin on the inside of the arms and thighs. It is necessary that the skin be washed quite clean with warm water and soap before applying it, and the same care must be taken while using it as recommended under "Mercurial Pill."

It is useful to kill vermin on the body ; for this purpose very little is necessary. See Par. 71, 138.

No. 24. ELIXIR OF VITRIOL.

R. Acid. Sulph. D. \mathfrak{z} iss. Sp. Lavend. C. \mathfrak{z} ss.

This is a strengthening medicine, and may be taken after the active stages of fevers and inflammatory diseases have passed off; also in great discharges from abscesses or ulcers; twenty drops is a dose, every six or eight hours; it must be taken in a quantity of sweetened drink, either warm or cold. See Par. 73.

No. 25. ITCH OINTMENT.

R. Ung. Hyd. Alb. præc. Vel, Ung. Hyd. Nit.

This is the best external remedy for the itch; it should be well rubbed into the skin. See Par. 76.

No. 26. ITCH POWDERS.

R. Sulph. lot. \mathfrak{z} j. Ferri Carb. \mathfrak{z} j. Ol. Berg. gut. x. M. Div. in ch. 84.

This is used in the purulent itch, and in cases of over-salivation from mercury. One of the papers is a dose, to be given in molasses. See Par. 76, and under No. 20.

No. 27. EYE OINTMENT.

R. Ung. Hyd. Nit. \mathfrak{z} ij. Adeps. \mathfrak{z} ijj. M.

Very useful in inflammation of the eyes of long standing. If it causes much smarting, weaken the ointment by adding sweet oil, lard, or fresh butter. See Par. 94.

No. 28. EYE WATER.

R. Plumb. Sup. Acet. \mathfrak{D} j. Zin. Sulph. \mathfrak{D} j. Tr. Opii \mathfrak{z} ij. Muc. Acac. \mathfrak{z} ij. M. et percol.

To be used in inflammation of the eyes. If it should cause much smarting, weaken it as you use it, by adding to it fresh water. Shake the phial well before using it. See Par. 93.

No. 29. MUSTARD.

R. Pul. Sem. Sinap. \mathfrak{h} j.

This is used in the form of a bath for the feet, and as a poultice to any part of the body where it may be required. To make a mustard bath, put a small sized teacup half full of flour of

mustard, or of the seeds crushed, into a quart of boiling water. When this has stood, covered up, for ten or fifteen minutes, add the whole to as much warm water as will cover the feet and ankles; the water into which the feet are put should be as hot as the patient can bear it, if he is sensible; if he is insensible, the water must be something above blood heat, or 105° by the thermometer.

A mustard poultice is made by mixing together half a cupful of mustard and a little wheat or rye flour, and making it sufficiently moist by adding vinegar. See Par. 79.

No. 30. BORAX.

R. Sod. Sub. Bor. \mathfrak{z} iij. ft. pul.

Useful in sore throat, or mouth, to be used as a gargle or wash; a teaspoonful of the borax being dissolved in half a pint of boiling water. See Par. 99.

No. 31. WHOOPING-COUGH POWDERS.

R. Ferri Carb. \mathfrak{z} j. Pv. Cinn. C. \mathfrak{z} ij. Ol. Anisi gut. x. M.
Div. in ch. lx.

These powders are very useful in the advanced stages of whooping-cough; for a boy, half of one of the powders every six hours is a dose. See Par. 114.

No. 32. STRENGTHENING PLASTER.

R. Emp. Robor. \mathfrak{H} ss.

This is used in whooping-cough, and other affections of the chest; also in cases of injury to the back, or elsewhere, and of broken bones, after more active remedies have been used. The plaster, after being warmed, is spread about as thick as a shilling on a piece of thin leather, canvas, or stiff paper. See Par. 115, &c.

No. 33. ADHESIVE PLASTER.

R. Emp. Adh. Ext. et Emp. Adh. \mathfrak{z} viij.

Used in drawing the edges of wounds together, and in ripening boils. As it will not stick well if kept a long time spread, it is necessary to have some of the plaster in a roll, which may be spread when wanted. See Par. 159, &c.

No. 34. ANTIBILIOUS PILLS.

R. Aloe Soc., Coloc., aa \mathfrak{z} ij. Jalap. \mathfrak{z} xj. Hyd. Sub. Mur., Sap. Hisp., G. Gamb., aa \mathfrak{z} j. M. ft. mas. Div. in pil. gr. iv.

These are good purgative pills to take now and then, when there is costiveness, causing headache, &c., or when the bile is deranged. Two or three may be taken for a dose; they are particularly recommended in jaundice. See Par. 116.

No. 5. SIMPLE CERATE, OR HEALING SALVE.

R. Cerat. Simp. \mathfrak{z} iij.

This salve must be used in all cases of wounds, when the parts are too much bruised or inflamed to admit the use of adhesive plaster, especially when the skin cannot be brought together; it is to be thinly spread on lint, tow, or soft rag. See Par. 139, &c.

No. 36. BALSAM COPAIBA.

R. Bals. Copaib.

This is particularly recommended in Gonorrhœa, Par. 146. It is also given in coughs of long standing, when there is no fever attending it, and in some complaints of the bowels; the dose is one teaspoonful every eight or twelve hours.

No. 37. INJECTION POWDERS.

R. G. Acac. \mathfrak{z} iv. Zinci Sulp. \mathfrak{z} ij. M. ft. pulv. Div. in ch. 25.

This is used in Gonorrhœa; one paper dissolved in a pint of hot water is to be used in twenty-four hours. See Par. 146.

No. 38. TINCTURE OF MYRRH.

R. Tr. Myrrh. \mathfrak{z} ij.

This is very useful as a wash for the mouth in scurvy; it may be used with advantage when the gums are tender, or bleeding from any cause; it may be applied with a rag or a tooth-brush; it must be used without being diluted. See Par. 154, and No. 20.

No. 39. BASILICON, OR DRAWING SALVE.

R. Cerat. Resinæ \mathfrak{z} iij.

This ointment is useful in dressing blisters, and to apply to

indolent sores of any kind. If it cause pain, use simple cerate instead.

No. 40. SPIRITS OF CAMPHOR.

R. Sp. Camph.

This is recommended as a good external application to a recent burn or scald (see Par. 228). It may also be used in slight injuries, faintness, &c.

No. 41. BITTERS.

R. Pimentæ ʒj. Pterocarp. L. ʒss. Flo. Anth. ʒss. Rad. Gent. ʒss. Rad. Calami, Rad. Columb., aa ʒij. Lig. Guaiac. ʒss. Lig. Quass. ʒij. G. Myrrh., P. Rhei, aa ʒss. Ol. Berg. gut. v. M.

These are used for weak stomach, and for loss of appetite; one of the packages is to be steeped in a quart of boiling water for an hour, and then strained into a bottle, which keep well corked; one table-spoonful three times a day is a dose.

No. 42. TARTARIC ACID.

R. P. Acid. Tart. ʒij.

No. 43. SODA.

R. P. Sod. Sup. Carb. ʒij

No. 44. ROCHELLE SALTS.

R. Sod. Tartariz. ʒiv.

To make a Sedlitz draught. Dissolve one even teaspoonful of soda (No. 43), and one even table-spoonful of Rochelle salts (No. 44), in a half-pint of cold water, and when ready to drink it, add an even teaspoonful of tartaric acid (No. 42).

To make Soda water, leave out the Rochelle salts.

Soda water is a pleasant and useful draught in very warm weather, and is sometimes given as a cooling and refreshing medicine in inflammatory complaints.

Sedlitz draught, as well as the above, has a quick and agreeable purgative quality. Both are commonly used by *gentlemen* after hard drinking!

No. 45. BLUE STONE.

R. Cupr. Sulp. ʒj.

Used to kill proud flesh. The sore is to be rubbed with a bit of it, and is then covered with a piece of dry lint. See Par. 232.

No. 46. CHARCOAL.

R. Lig. Carb. ℥j. ft. pulv.

Useful to cleanse water on long voyages. See Par. 38.

No. 47. LINT AND BANDAGES.

See Wounds, Par. 158, 161, &c.

No. 48. SYRINGE.

See Gonorrhœa, Par. 146.

No. 49. LEATHER.

See No. 32.

No. 50. LANCET.

See Directions for Bleeding, &c. Par. 223, 72, &c.

The doses are all prescribed as for adults. Lads from fourteen years of age to eighteen require two thirds of a dose. For boys from fourteen to eight years old, one half the usual dose is sufficient.

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